

## ABSTRACT OF THE DISCLOSURE

A fold-out treadmill includes a deck having a rear portion mounted on a base so as to be selectively rotatable between an operational position in which the deck is positioned for operation by a user positioned thereon and a storage position in which the deck is positioned proximate to the handrail. The fold-out treadmill includes a fold-out assembly configured to allow the handrail to rotate into a storage configuration when the deck is rotated from the operational position into the storage position which comprises a leg and an elongated support. The fold-out treadmill includes a mechanism that is configured to vary the inclination of the deck relative to a support surface while the deck is in the operational position and to automatically move the deck between the operational position to the storage position.

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